

KARATE KIDS

SPRING 2022



COURSE AT A GLANCE

WHO: Children ages 5—10

WHEN: Thursdays: 4:30—5:15pm (ages 5—7)
Thursdays: 5:30—6:15pm (ages 7—10)

Classes will meet on the following dates:

April: 28 May: 5, 12, 19, 26 June: 2, 9, 16
(dates subject to change; make-up classes may not be available)

WHERE: Richard Rodda Community Center
MP-1 on the second floor

FEE: \$60 (residents) \$120 (non-residents)

Please Note Children **MUST BE** the **required age** by **April 28** or they cannot be accepted into the program. As this is a public area, we suggest you remain on the premises while your child is in class. Please make sure your child uses the bathroom before class.

COURSE OVERVIEW

Teaneck Recreation is proud to present a karate program for children ages 5 to 10 called Karate Kids. Students will engage in movement and techniques that will improve their overall coordination and motor skills. Under the guidance of Master Smyer, they will properly learn effective blocking, striking, escaping, and avoidant skills. With continued participation, students will earn higher belt ranks and be introduced to more advanced training such as katas, sparring, and nunchuck practice. The structured curriculum is designed to build focus, self-confidence, and leadership skills. **Attire: A uniform is highly recommended but not mandatory.**

Class will be taught by Master Steve Smyer. Over the past 30 years, Master Steve Smyer has devoted his professional career and on-going education towards supporting a more healthy, safe, secure and enriched life to all of his students and team members. As a 6th degree Black Belt, Master Steve Smyer specializes and teaches a diverse range of martial arts, including Taekwondo, Karate, Brazilian Jiu-jitsu, Hapkido, and Judo. He is also a master level fitness coach, with extensive experience in functional movement and development. Master Steve Smyer's youth programs have been developed and taught based on years of child psychology and classroom management. Through the success of his programs, he has produced hundreds of Black Belts, and with many children growing to become instructors, educators and leaders as they transitioned into adulthood. With the correct guidance and mentoring, students will receive the life-long benefits that martial arts training provides.



REGISTRATION PROCEDURES

MAIL-IN/DROP-BOX REGISTRATION (TEANECK RESIDENTS): Beginning April 12

Complete the **registration form** below and include **Proof of Residence** (copy of NJ Driver License, current utility bill, etc.) and **Proof of Age** (copy of birth certificate or passport). You may **mail** us your forms and proofs to **250 Colonial Court Teaneck, NJ 07666** or utilize the **drop-box** in the Rodda Center lobby or at the Teaneck Municipal Building. **DO NOT INCLUDE PAYMENT** with your application yet; you will be notified of class availability and given **48 hours** to bring payment to the main office. **Only one applicant per form; please do not put *multiple* names on the same form. Each family should include all of their applications in one envelope.**

WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning April 18

We will accept registration **in-person** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Residence** (driver's license or utility bill), **Proof of Age** (copy of birth certificate or passport), and **payment at time of registration** (cash or check).

NON-RESIDENT REGISTRATION: Beginning April 25

We will accept registration **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Age** for the child (birth certificate or passport) and **payment** (cash or check) at time of registration.

****For more information or if special accommodations are needed, please call (201) 837-7130.****

SPRING 2022 REGISTRATION FORM - KARATE KIDS

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ *Preferred Class Time: _____

**Please provide a current email address to stay up-to-date with any course changes or cancellations.*

(4:30-5:15, ages 5-7) (5:30-6:15, ages 7-10)

Does your child need a modification because of a disability/special need to enjoy this program? **yes** or **no** (please circle one)

Pictures may be taken by a Teaneck Recreation Department employee to be used for publicity purposes. If you have any questions, concerns, or objections please contact the Recreation office in writing. I agree that I do hereby assume all risks of injury to myself and/or my child participating in the program, and of loss or damage to personal property arising out of or incident to the above-mentioned activity. I further testify that I understand the program of activities in which I propose to engage. With this knowledge, I assume whatever risk such activities may entail or accrue to my person, child, property, or equipment and agree that I will not seek any claims for injury or liability against the Teaneck Recreation Department and/or the Township of Teaneck, its instructors and/or program leaders associated with this program.

Parent's Name: _____ Signature: _____ Date: _____